



ARKA was born from a belief that true wellness is not a luxury – it's a daily ritual. In a world that constantly demands more, we create intentional spaces that help you slow down, reconnect and rebuild.

We design with purpose. Every line, material and function is chosen to restore balance – not just in your body, but in how you live. ARKA saunas are not just tools for recovery; they are spaces that invite presence, resilience and renewal.

Beautiful Spaces. Powerful Rituals.

This is our philosophy. This is what drives us.



The Meaning Of ARKA

The name ARKA holds layered meaning, blending ancient symbolism with modern purpose:

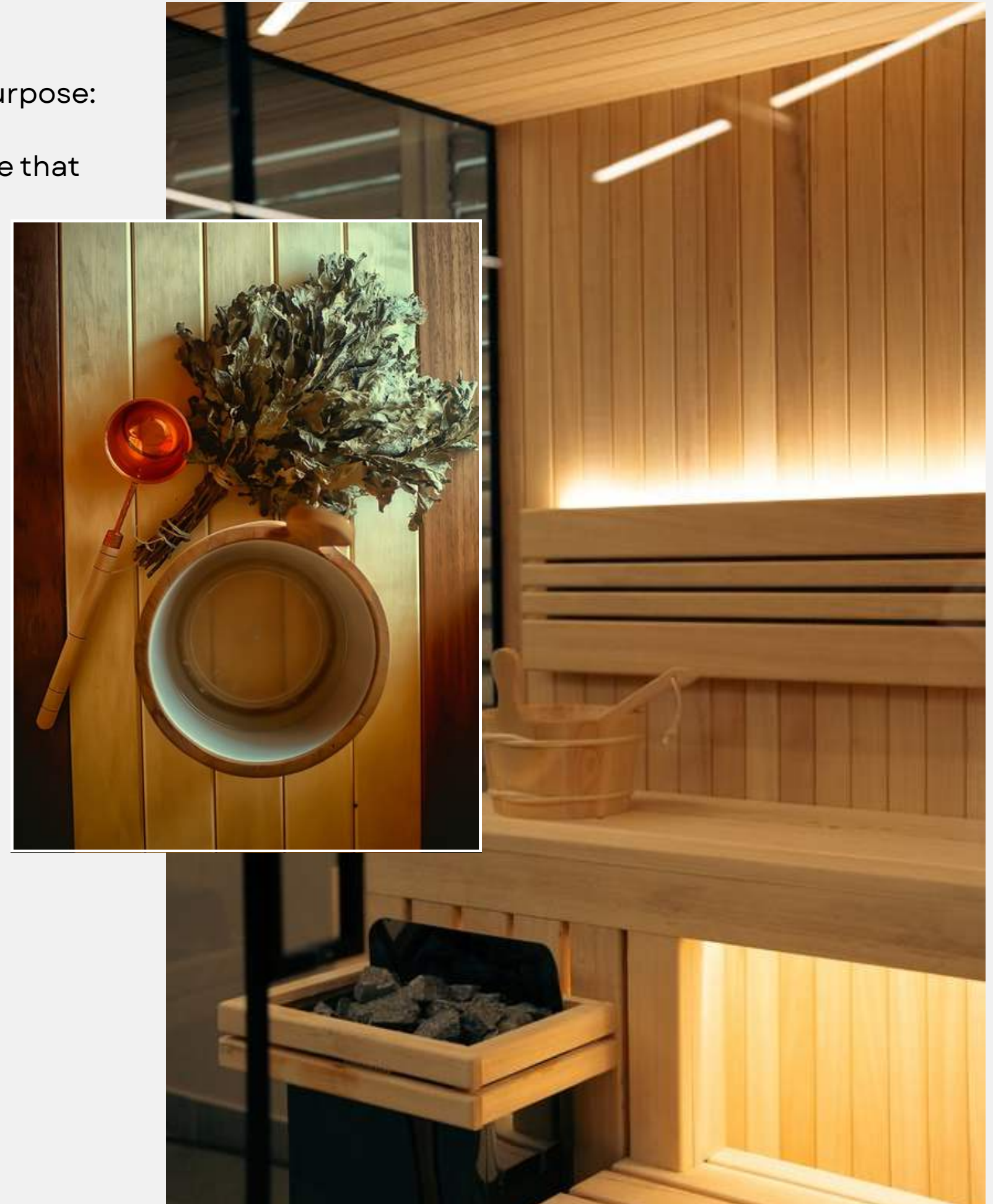
- 01 **Sanctuary:** Inspired by the word ark, ARKA represents a refuge – a sacred space that protects, nourishes and restores.
- 02 **Radiance:** In Sanskrit, arka means sun – a nod to warmth, healing and the elemental power of heat.
- 03 **Architecture:** The arch shape in our logo reflects timeless structure and design integrity, while also symbolising a threshold – the passage into a deeper state of being.

*We are the space between worlds – where the science of heat
meets the art of restoration.*

What Sets Us Apart

At ARKA, every sauna is a considered space – where form, function and ritual meet. Built for both indoor elegance and outdoor resilience, each ARKA unit reflects a philosophy of intentional design and uncompromising craftsmanship.

- Premium Natural Materials
- Modular Installations
- Architectural Aesthetic
- Lightscaping & Atmosphere
- Customization Options
- Precision & Paneling
- Indoor & Outdoor Ready
- Radiant Heat System



Wellness Recovery Performance Longevity

Regular sauna use is more than heat – it’s a ritual of renewal, resilience and recalibration. Whether your goal is recovery, vitality or stillness, ARKA saunas support the body and mind on multiple levels:

- Deeper Sleep Cycles
- Longevity & Hormesis
- Accelerated Recovery
- Cardio Vascular Health
- Immune Support
- Detoxification Support
- Cardiovascular Conditioning
- Cognitive Clarity & Mental Boost



Benefit Statistics

83%	Lower Cardiovascular Mortality
69%	Lower Stroke Risk (4-7x per week)
46%	Lower Hypertention Risk
60%+	Reduced Risk of Dementia
2-5x	Growth Hormone Boost
66%	Reported Better Mood

01

ARKA SOL

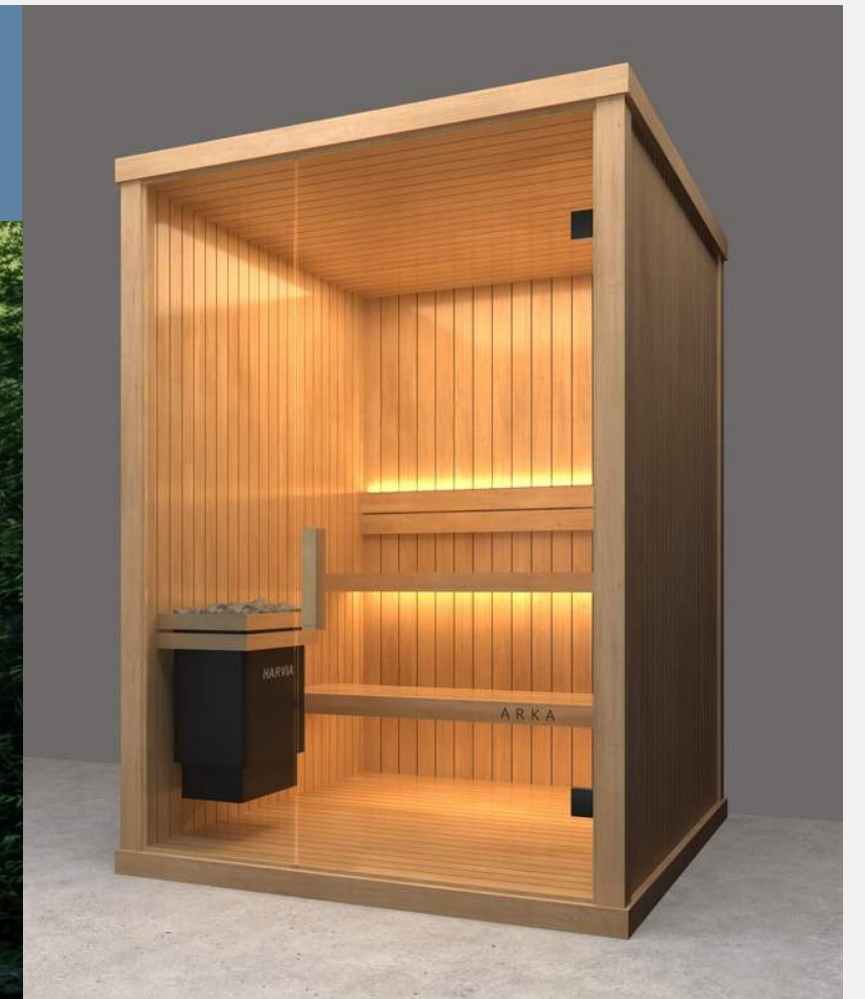


A compact and versatile sauna that balances simplicity with comfort. Suited for Indoors and outdoors.

Dimensions	W1600 x L1400 x H2200~2300
Seater	2 persons
Heater	6-8 kilo watt
Temperature	40 - 90 degrees
Standard wood options	From R121,900 (excl. VAT)
Premium wood options	From R147,700 (excl. VAT)

02

ARKA HAVEN



A protective shelter-like sauna that blends seamlessly with the natural surroundings. Suited for Indoors and outdoors.

Dimensions	W1400 x L1400 x H2200~2300 (Haven 2) W1600 x L1600 x H2200~2300 (Haven 4)
Seater	2 persons (Haven 2) 4 persons (Haven 4)
Heater	4.5 - 6 kilo watt (Haven 2) 6 - 8 kilo watt (Haven 4)
Temperature	40 - 90 degrees
Standard wood options	From R125,700 (excl. VAT) (Haven 2) From R146,800 (excl. VAT) (Haven 4)
Premium wood options	From R146,100 (excl. VAT) (Haven 2) From R192,500 (excl. VAT) (Haven 4)

03

ARKA EMBER



A larger sauna build for groups, offering a striking design and comfort. Suited for Indoors and outdoors.

Dimensions	W2000 x L2000 x H2200~2300
Seater	4-5 persons
Heater	6-8 kilo watt
Temperature	40 - 90 degrees
Standard wood options	From R175,600 (excl. VAT)
Premium wood options	From R200,500 (excl. VAT)

04

ARKA ZEN

A curated thermal experience blending the heat of ARKA Sauna and the invigorating chill of Iglu Therapy Ice Plunges.



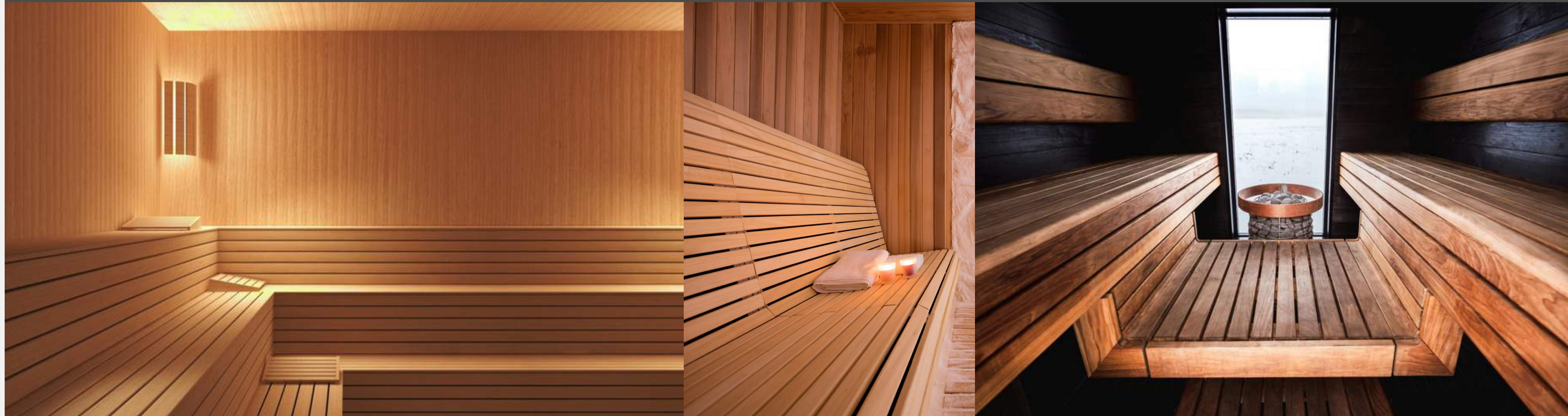
Dimensions	W1400 x L1400 x H2200~2300 (Zen 2) W1600 x L1600 x H2200~2300 (Zen 4) Roof depending on Ice Bath lenght
Seater	2 persons (Zen 2) 3-4 persons (Zen 4)
Heater	4.5 - 6 kilo watt (Zen 2) 6 - 8 kilo watt (Zen 4)
Temperature	40 - 90 degrees
Standard wood options	From R125,700* (excl. VAT) (Haven 2) From R146,800* (excl. VAT) (Haven 4)
Premium wood options	From R146,100* (excl. VAT) (Haven 2) From R192,500* (excl. VAT) (Haven 4)

*Prices exclude Iglu Ice Bath

05

ARKA CUSTOM

For projects that demands truly something unique, ARKA CUSTOM offers a fully tailored sauna design and build service.



Suited for

Bespoke residential builds, boutique retreats and commercial projects.

Design options

Wide range of internal and external materials, glazing, sizing and layouts. Including customising any of the saunas in the ARKA Sauna Range.

Luxury & Economical Wood Options

We use only selct-grade, sustainaily sourced wood. Each is hand finished for warth, character and precision alignment

Interior

Premium



Ash

Japanese
Ceder

Luna

Oak

Obeche

Standard



Pine

Exterior



Luna
Black stain



Luna
Clear stain



Luna
Raw



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Delivery and Installation Nationwide

Arka creates bespoke sauna solutions that blend Nordic-inspired design with modern living. Elevating wellness through the power of heat and ritual.